aquatics CLASS DESCRIPTIONS

American Red Cross Swimming and Water Safety

The American Red Cross offers a comprehensive and developmentally appropriate swim program that teaches you, your child or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Each level also includes lessons in water safety.

PARENT AND CHILD AQUATICS

Ages: 6 months – 3½ years Class size: Min. 6, Max. 12 Class length: 30 minutes

Provides experiences and activities for children to—

- Learn to ask for permission before entering the water, then enter and exit in a safe manner
- Feel comfortable in the water
- Explore submerging to the mouth, nose, eyes and completely
- Explore buoyancy on the front and back position
- · Learn how to play safely
- Explore submerging in a rhythmic pattern
- · Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- · Change body position in the water

PRESCHOOL AQUATICS

Ages: 3½ - 5 years Class size: Min. 4, Max. 6 Class length: 30 minutes

Preschool 1 - Seahorse

Orients children to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Open eyes under water and retrieve submerged objects
- Back float and recover to a vertical position
- Alternating and simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back

Preschool 2 - Angelfish

Helps children gain greater independence in their skills and develop more comfort in and around water.

- Bobbing
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Finning arm action on back

Preschool 3 - Clownfish

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back

LEARN-TO-SWIM

Levels 1 & 2

Ages: 6 - 16 years

Class size: Min. 4, Max. 6

Class length: 30 minutes

Levels 3 - 6

Ages 6 - 16 years

Class size: Min. 4, Max. 8

Class length: 45 minutes

Level 1 - Introduction to Water Skills - Guppy

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- · Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back

Level 2 - Fundamental Aquatic Skills - Goldfish

Gives participants success with fundamental skills.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Finning arm action

Level 3 - Stroke Development - Dolphin

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- · Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Change from vertical to horizontal position on front and back
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

Level 4 - Stroke Improvement - Swordfish

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- · Flutter and dolphin kicks on back

Level 5 - Stroke Refinement - Wahoo

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

Level 6 - Swimming and Skill Proficiency - Marlin

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- · Sidestroke, butterfly, and breaststroke turn
- Help and Huddle position
- Treading water, kicking only
- · Surface dive and retrieve an object from the bottom

Adult Beginner - Barracuda

Ages: 16 & up

Class size: Min. 4, Max. 8

Learn the basic elements of swimming while increasing comfort in the water. This class focuses on water adjustment, breath control, floating, gliding and beginning to learn strokes.

Fitness Swimmer

Ages: 14 & up

Class length: 45 minutes

The Fitness Swimmer class at the WARF is designed for those who would like to improve strokes and get a great workout swimming laps. Each class will be led by a swim instructor who will have workouts planned for each class. Instructors will also be available for stroke instruction.

Which American Red Cross Swim class is my child ready for?...

1. How old is your child?

- If he/she is 6 months 3½ years, look at Parent and Child Aquatics (PC)
- If he/she is $3\frac{1}{2}$ 5 years old, look at the Preschool Aquatic (PA) Levels 1-3
- If he/she is 6 or older, look at the Learn-to-swim(LTS) Levels
 1-5

2. Can your child:

- Enter and exit pool unassisted?
- Put his/her face in the water?
- Can he/she float on back unassisted?
- If no, then your child is ready for PA Level 1 or LTS Level 1

3. If yes, can your child:

- Blow bubbles through mouth and nose for 3 seconds?
- Float on back for 3 seconds unassisted?
- Swim 10 feet on front unassisted, using alternating and simultaneous action?
- Swim 10 feet on back unassisted, using alternating and simultaneous arm action?
- If no to any of the above, then your child is ready for PA Level 2 or LTS Level 1

4. If yes, can your child:

- Submerge and hold breath for 5 seconds?
- Demonstrate bobbing 5 times?
- Front/jellyfish/tuck float for 5 seconds each?
- Tread water for 15 seconds?
- Swim front crawl for 25 ft with rhythmic breathing?
- If no to any of the above, then your child is ready for PA Level 3 or LTS Level 2

5. If yes, can your child:

- Enter headfirst from sitting/kneeling positions?
- Demonstrate rotary breathing 10 times?
- Flutter kick and dolphin kick for 25 ft each?
- Swim back crawl for 25 ft?
- Demonstrate the front crawl and elementary backstroke for 15 yds each?
- If no to any of the above, then your child is ready for LTS Level 3

6. If yes, can your child:

- Enter headfirst from compact/stride positions?
- Survival swimming for 30 seconds?
- Tread water for 2 minutes?
- Swim underwater for 20 ft?
- Demonstrate front crawl and back crawl open turns?
- Swim breaststroke, butterfly, backstroke and sidestroke for 15 yds each?
- If no to any of the above, then your child is ready for LTS Level 4

7. If yes, can your child:

- Demonstrate a shallow-angle dive and begin to swim any front stroke?
- Demonstrate a tuck and pike surface dive?
- Do a front and back flip turn?
- Tread water for 5 minutes?
- Swim breaststroke, butterfly, back crawl and sidestroke for 25 yds each?
- Swim front crawl and elementary backstroke for 50 yds each?
- If no to any of the above, then your child is ready for LTS Level 5

8. If yes, then your child is ready for LTS Level 6.